

**WEST VIRGINIA NATIONAL GUARD PHYSICAL FITNESS PROGRAM**  
**SIGN OUT / SIGN IN REGISTER**

DATE	INDIVIDUAL'S SIGNATURE	TYPE OF EXERCISE	LOCATION	TIME OUT	TIME IN	REMARKS

**UNIT/ACTIVITY**

AGO F 690-26-R-E (HRO)  
 01-OCT-95

**TYPED NAME AND SIGNATURE OF SUPERVISOR**